

Microwave Cauliflower and Peas in Cream Sauce

Makes: 6 servings

Ingredients

1/4 cup onion (chopped)
1 1/2 teaspoons butter (or margarine)
1 tablespoon flour (all-purpose)
1/2 cup milk (skim)
1 tablespoon pimiento (chopped, optional)
1/2 teaspoon parsley flakes
1/2 teaspoon bouillon granules (instant chicken)
1/8 teaspoon salt
1 dash pepper
2 cups cauliflower
1 cup peas (fresh or frozen)
2 tablespoons water

Directions

1. Combine cauliflower, peas and water in a 1-quart casserole. Cover. Microwave at High 6 to 8 minutes, or until fork tender, stirring after half the time. Let stand, covered.
2. Place onion and butter or margarine in 2-cup measure. Microwave at High 1 to 1 1/2 minutes, or until onion is tender. Stir in flour. Microwave a few seconds until flour mixture starts to bubble. Add remaining ingredients. Microwave at High 1 1/2 to 2 minutes, or until thickened, stirring every minute. Drain vegetables. (Freeze drained liquid for use in soups later.) Pour sauce over vegetables and stir to coat.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	1 g	2%
Protein	3 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	110 mg	5%

Options: Vegetables may be boiled or steamed and sauce prepared on top of a range if a microwave is not available.

Variations: Use other combinations of vegetables, such as green beans and cauliflower; broccoli and carrots; or peas and carrots.